

The Dublin North, North East Recovery College  
in collaboration with DDLETB and Healthy Ireland

## The Self Love Programme

### Weekly Online Course

This six week course is open to all people local to the  
Blanchardstown/wider Fingal area

#### Programme Aim

*To providing tools for self care, building gratitude,  
improving self-esteem and to provide space to enhance your compassionate self.*

#### On this course, students will explore:

Self-love  
Self-Care  
Compassion  
The Value of Gratitude  
Self-awareness & Positive Self-talk

**Course start date:** Friday 29th January, 10am - 1pm

**Format:** Six weekly three hour long sessions

**Venue:** Online via zoom

**Set Up Instructions** for Zoom or Phone available on application

**To register your interest send an email to:**

[recoverycollege@dcu.ie](mailto:recoverycollege@dcu.ie) or leave a message on [01 7007907](tel:017007907)

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